**Hello,**

**Thank you for booking your appointment with Herbal Health. Below is all the information you will need for your appointment. Please bring this information with you to your appointment.**

**Instructions:**

* **Do not put anything in your mouth an hour before your appointment no gum, food, etc., except for water**
* **Do not take any supplements 24 hours before your appointment unless prescribed by a doctor**
* **You can bring the supplements that you take and she can test them**
* **Drink a large glass of water when you wake up**
* **No caffeine 12 hours before you come**
* **If you have any questions call****763-576-6879****.**

We do discounts!

Cash – get 5% off your purchase

Check – get 2% off your purchase

Credit card – no % off

Interested in more discounts? Check out our membership program!

**1 year membership $150.00**

 (Unlimited use unless stated otherwise)

Membership prices on all products all the time! 15% - 40% off retail

$15.00 off a scan with Tammy

FREE spot checks

2 FREE Soqi bed sessions ($30.00 value)

Photon Machine - $1.00 per minute (90 minute minimum) (Reg $1.66/min)

Soqi Bed – 5 pack $40.00 (Reg $50.00)

Ionic Foot Bath - $10.00 off each (Reg $40.00 each)

Herbal Health

A Journey Into Wellness

622 East Main St

Anoka, MN 55303